

Rustic Lentil Soup

- Alli Neri, Assistant Manager [Montavilla Farmers Market](#)

Ingredients

1 large yellow onion
2 leeks
1 celeriac
4 large carrots
3 medium potatoes
6 cups vegetable broth (homemade or bouillon)
1 cup of lentils soaked overnight
4 cloves garlic
4 Tbsp cooking oil
2 Tbsp olive oil
Parsley
Parmesan cheese rind

Directions

Soak the lentils in 3 cups water for at least 1 hour - they can be soaked overnight. Chop the onion, leeks, celeriac, carrots, and potatoes into relatively even pieces. Heat cooking oil in a pot. Add the onion and leeks and cook about 5 minutes. Add 1 tsp salt and ½ tsp pepper. Add celeriac and carrots and cook another 5 minutes. Add another 1 tsp salt and ½ tsp pepper. Finally, add potatoes, lentils, and broth at the same time. Add the parmesan rind. Cook for about 45 minutes on low.

You will know it is done when the potatoes and lentils are cooked, yet still hold their shape.

If you have an immersion blender, blend the soup for about 10 seconds. This will leave the soup chunky, but give the broth a little more thickness.

In a separate pan, heat 2 tbsp of olive oil on very low heat. Add the garlic and cook for 1-2 minutes until fragrant. Cook to soften the garlic, but not long enough to brown the garlic. Add the garlic and oil to the soup along with freshly chopped parsley. Season with more salt and pepper to taste.

Best served with grated parmesan cheese on top.

